

# Summer Salads that Travel Light



In summertime, our thoughts turn to eating outdoors in the fresh air and sunshine. Picnics bring to mind a range of favorite foods, including sandwiches, hot dogs, hamburgers and potato chips. Yet picnic food can be fresh and nutritious, too, if you plan ahead and prepare some easily-made, portable salads.

Salads are an ideal choice for picnics because often they may be prepared in advance, easing last-minute chores on busy weekends. Plus, convenient, ready-to-serve pourable dressings complement fresh salad flavors and make preparation a snap. Since bottled dressings are pre-mixed and already seasoned, there's no need to measure and mix extra ingredients, streamlining preparation time.

Many classic summer salads are made with mayonnaise-type dressings. You can buy such a dressing or make your own quickly and easily in the blender and experiment with different flavorings such as garlic or lemon.

Some consumers may be concerned about bringing salads on picnics because of "old wives' tales" that dressings may cause food spoilage. Nonsense! Contrary to popular belief, commercially-prepared salad dressings actually discourage food spoilage, because the vinegar in these products maintains an acidity level that slows or retards bacterial growth and thus food spoilage. Nevertheless, proper precautions should always be taken, especially when low-acid foods, such as eggs, vegetables, meat, poultry and fish are combined with dressings.

For maximum safety, the best approach is to mix the dressing with fresh ingredients, chill the salad promptly, and keep it cool until serving. Spooning the salads into covered containers, then packing them in insulated coolers will keep them safely and refreshingly chilled for hours.

The salad bar goes portable when you bring along plenty of ice and a big container in which to display the salad bar fixings. Pick up a bag of ice on the way to the picnic, then arrange the ingredients in food storage bags or containers. Food picks or plastic utensils allow guests to choose their own combinations.

## TAILGATE SALAD BAR

Torn assorted greens  
Roast beef strips  
Salami chunks  
Cherry tomatoes  
Mushroom slices  
Green pepper strips  
Cucumber slices  
Pitted ripe olives  
Watermelon wedges  
Pineapple chunks

Cantaloupe balls  
Red grapes  
Shredded natural Swiss cheese  
Croutons  
Thousand Island, Italian and Catalina French dressing

Place all ingredients except dressings in individual airtight containers to take to picnic. Serve with dressings as make-your-own salads.

This Tailgate Salad Bar lets your family and guests use their imagination to create individualized salads. Simply bring a variety of fresh ingredients, such as sliced or cut-up fresh vegetables and fruits, meat and cheese cubes, and toppings, and let picnickers mix and match them with their favorite dressings. Try toting the portable salad bar in a child's red wagon filled with ice, or setting it up on your car's tailgate. This do-it-yourself serving style is ideally suited to outdoor dining or large gatherings.

Great American Main Dish Potato Salad was created to be everyone's new favorite recipe. Kraft research showed there are certain ingredients that are the most popular ones in potato salad, including (besides potatoes) hard-cooked eggs, onions, celery, mustard and sweet pickles. These were combined in a new "classic" potato salad that also contains broccoli, cheddar cheese cubes and ham strips to make it a main dish.

## GREAT AMERICAN MAIN DISH POTATO SALAD

1 cup salad dressing	4 ozs. sharp natural cheddar cheese, cubed
1 teaspoon mustard	1 cup 2-inch ham strips
1/2 teaspoon celery seed	2 hard-cooked eggs, chopped
1/2 teaspoon salt	1/2 cup celery slices
1/8 teaspoon pepper	1/2 cup chopped onion
4 cups cubed cooked potatoes	1/2 cup chopped sweet pickle
2 cups broccoli flowerets	

Combine salad dressing, mustard, celery seed, salt and pepper; mix well. Add potatoes, broccoli, cheese, ham, eggs, celery, onion and pickles; mix lightly. Chill.  
6 servings

**Cook's Tip:** For successful potato salads, choose potatoes with regular shapes so there won't be as much waste when they are peeled. Leaving the skins on during cooking is an excellent way to conserve their nutrients. If potatoes are peeled before cooking, use a vegetable peeler, keeping peelings as thin as possible, since some of the potato's nutrients are found close to the skin. Although potatoes keep more nutrients if they are cooked whole, they may be cubed before boiling to save time. Check them frequently to be sure they don't overcook.

One recipe that deserves an "A" for adaptability is Marinated Chicken and Vegetable Salad, a make-ahead combination of chicken, any type of pasta or cooked rice, fresh vegetables and plum chunks. The ingredients are marinated in Italian dressing several hours or overnight, then tossed with salad dressing to add a creamy, tangy flavor.

## MARINATED CHICKEN AND VEGETABLE SALAD

1/2 cup Italian dressing	2 red plums, cut into chunks
2 cups cubed cooked chicken	1 medium red pepper, cut into strips
4 ozs. pasta, cooked, drained	1/2 cup salad dressing
1/4 lb. green beans, cooked	
1 cup zucchini slices	

Pour dressing over combined chicken, pasta, beans, zucchini, plums and red peppers. Cover; marinate in refrigerator several hours or overnight, stirring occasionally. Combine salad dressing and chicken mixture; mix lightly. 6 servings

**Variation:** Substitute 2 cups cooked rice for pasta and increase salad dressing to 3/4 cup.

**Cook's Tips:** When buying broccoli, look for plenty of green color in the heads as well as the leaves and stems. Stalks should be tender and firm with compact dark green or purplish-green buds in the head. The more yellow "flowers" visible inside the buds, the less desirable it is.